



TAKE ACTION TOUR 2003

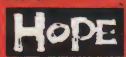
AVENGED SEVENFOLD + DILLINGER ESCAPE PLAN
EIGHTEEN VISIONS + FURTHER SEEMS FOREVER + HIMSA
POISON THE WELL + SHADOWS FALL + SHAI HULUD + SINCE BY MAN
THESE ARMS ARE SNAKES + THIS DAY FORWARD + THROWDOWN

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ensign
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Integrity
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Deathwish MCD

INTEGRITY 'To Die For' MCD/LP is a true reclamation of the throne for INTEGRITY Products and engineered by Ann Sillig (Ringworm, Chimera). 'To Die For' is a collection of eight blood boiling songs that serve as progression for the band all the while embracing the approach of their influential past.



Undying
At History's End
One Day Savior CD

North Carolina's Undying gives testament to their lasting ability in creating crushing, driving metallic hardcore at a breakneck speed while still implementing a large European metal influence of delicate, beautiful melodies and ear-piercing, brutal female vocals.



Majority Rule
Emergency Numbers
Magic Bullet CD

In a time when their peers are focusing more on photo shoots than lyrics, Majority Rule does Washington D.C. proud by upholding the DIY ethic that has come to define a city reborn. Leading a charge of substance over mimicry, 'Emergency Numbers' delivers 8 dynamic and invigorating songs that further a sound that is distinctly the band's own.



Forensics
On A Bridge Atop The Heap of
Friends Who Jumped
Magic Bullet CD/EP/7"

After the demise of their previous bands, George Crow (pg.99) and Brent Eysteine (Lorn on Macabre) team up to bring us FORENSICS. A riveting journey into completely new territory, the debut CD/EP/7" establishes Forensics unique take on dynamic, sludgy, and truly heavy rock. Also features Mike Harbin (Burning Airlines), and Wookie Yancey (The Blue Line).



Daughters
Canada Songs
Robotic Empire CD

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OCTOBER 14TH, 2003



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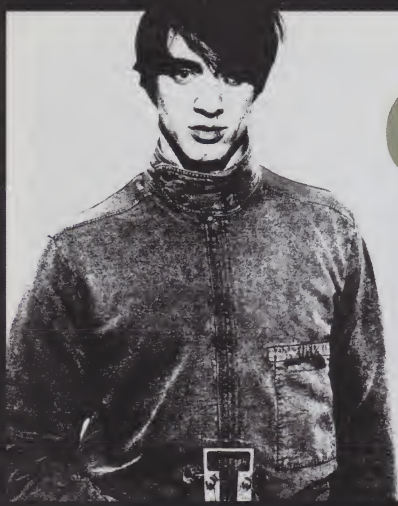
2003 TAKE ACTION TOUR

DATES, CITIES AND VENUES

DATE	CITY	VENUE
THU 9/11 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Shai Hulud	MINNEAPOLIS, MN	QUEST
FRI 9/12 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Shai Hulud • Since By Man	CHICAGO, IL	HOUSE OF BLUES
SAT 9/13 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Shai Hulud • Since By Man	CINCINNATI, OH	BOGART'S
SUN 9/14 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Shai Hulud • Since By Man	PONTIAC, MI	CLUTCH CARGO
MON 9/15 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Shai Hulud	CLEVELAND, OH	AGORA THEATER
TUE 9/16 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Shai Hulud	NEW YORK, NY	IRVING PLAZA
WED 9/17 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	OLD BRIDGE, NJ	BIRCH HILL NITECLUB
THU 9/18 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions	WORCESTER, MA	PALLADIUM
FRI 9/19 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	PHILADELPHIA, PA	ELECTRIC FACTORY
SAT 9/20 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	WASHINGTON, DC	9:30 CLUB
SUN 9/21 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	NORFOLK, VA	THE BOATHOUSE
MON 9/22 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	CHARLOTTE, NC	TREMONT MUSIC HALL
TUE 9/23 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	ATLANTA, GA	THE MASQUERADE
THU 9/25 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	JACKSONVILLE, FL	FREE BIRD CAFE
FRI 9/26 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	FT LAUDERDALE, FL	VENU
SAT 9/27 Poison The Well • Dillinger Escape Plan • Further Seems Forever • Eighteen Visions • Avenged Sevenfold	LAKE BUENA VISTA, FL	HOUSE OF BLUES
MON 9/29 Poison The Well • Shadows Fall • Avenged Sevenfold • Eighteen Visions • This Day Forward	HOUSTON, TX	NUMBERS
TUE 9/30 Poison The Well • Shadows Fall • Avenged Sevenfold • Eighteen Visions • This Day Forward	AUSTIN, TX	STUBB'S BAR-B-Q
WED 10/1 Poison The Well • Shadows Fall • Avenged Sevenfold • Eighteen Visions • This Day Forward	DALLAS, TX	GYPSY BALLROOM
FRI 10/3 Poison The Well • Shadows Fall • Avenged Sevenfold • Eighteen Visions • This Day Forward	TEMPE, AZ	MARQUEE THEATRE
SAT 10/4 Poison The Well • Shadows Fall • Avenged Sevenfold • Throwdown • This Day Forward	SAN DIEGO, CA	SOMA
SUN 10/5 Poison The Well • Shadows Fall • Avenged Sevenfold • Throwdown • This Day Forward	LAS VEGAS, NV	HOUSE OF BLUES
MON 10/6 Poison The Well • Shadows Fall • Avenged Sevenfold • Throwdown • This Day Forward	LOS ANGELES, CA	HOUSE OF BLUES
TUE 10/7 Poison The Well • Shadows Fall • Avenged Sevenfold • Throwdown • This Day Forward	LOS ANGELES, CA	HOUSE OF BLUES
WED 10/8 Poison The Well • Shadows Fall • Avenged Sevenfold • Throwdown • This Day Forward	ANAHEIM, CA	HOUSE OF BLUES
THU 10/9 Poison The Well • Shadows Fall • Avenged Sevenfold • Throwdown • This Day Forward	SAN FRANCISCO, CA	THE FILLMORE
SAT 10/11 Shadows Fall • Himsa • This Day Forward • These Arms Are Snakes	SEATTLE, WA	GRACELAND
SAT 10/12 Shadows Fall • Himsa • This Day Forward • These Arms Are Snakes	PORTLAND, OR	ROSELAND THEATRE



LO-CUT II: camo



criteria en garde

Stephen Pedersen, founding member of **CURSIVE** and **THE WHITE OCTAVE**, returned to his hometown of Omaha, Nebraska and formed **CRITERIA**. The result is a massive, catchy, inspired, anthemic, guitar-driven rock album. Includes appearances by members of **BRIGHT EYES** and **DESAPARECIDOS**.
10-SONG CD IN STORES NOW



HELICOPTER HELICOPTER WILD DOGS WITH X-RAY EYES

"The bulk of *Wild Dogs* has as much to do with Elvis Costello and Tom Petty as it does the Blake Babies or Madder Rose, and it's just as timeless." - *Alternative Press*

HELICOPTER HELICOPTER's alt-pop style of indie rock is full of unforgettable high powered pop hooks, large choruses and angular rock aggression. Think a **FLAMING LIPS** inflection here, a **TOM PETTY**-ish melody there and amiably off-kilter lyrics that occasionally recall their hometown colleagues the **LEMONHEADS**. These songs will be stuck in your head for days!
12-SONG CD IN STORES NOW



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BLUE SKY MILE
SANDS ONCE SEAS
Providing a common ground between melodic hardcore classics like **DAG NASTY** and current faves like **THURSDAY** and **JIMMY EAT WORLD**, **BLUE SKY MILE** carves a new path by learning from their influences, not mimicing them. **BSM** sets a new standard for melodic, emotive indie rock.
9-SONG CD
IN STORES DECEMBER 16th



HARKONEN
DANCING
Can the foot stomping quality to **AC/DC**, soaring melodic angst of **NIRVANA**, mathematic thunder of **MELVINS**, and arty aggression of **THE JESUS LIZARD** be wowed into a snarling form of progressive hardcore? We say it can, and **HARKONEN** alone are the captains of this journey.
5-SONG CD



ROY
TACOMATOSE
Anthemic blue collar rock and roll hymns from former **BOTCH** and current **HARKONEN** members. **ROY** crafts killer jangly indie rock tunes that bring to mind favorites like **BUILT TO SPILL**, **DINOSAUR JR.**, **GUIDED BY VOICES** and at times even **NIRVANA**.
5-SONG CD



ULTIMATE FAKEBOOK
BEFORE WE SPARK
UFB's follow up to *Open Up And Say Awesome*, featuring six brand new songs that showcase a darker side of their power pop sound and a remix of "Inside Me, Inside You" from *Open Up*. Includes enhanced portion with two **UFB** music videos and two additional remixes.
7-SONG CD



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EDITORIAL MESSAGE

You hold in your hands the official program for the fourth annual Take Action Tour. You may be wondering what Take Action means. Like most things in life, names have different meanings to different people. To some, Take Action means a tour of cool punk and hardcore bands; to others, it means a CD compilation series filled with tons of well-known bands that comes out every year; and to others, Take Action means saving lives from suicide by finding warning signs early and realizing there are people who can help. To us at Sub City, Take Action is the idea that we will not wait for our world, our country, our government, our teachers or even our parents to make other people's lives and ours better.

The Take Action CD was the first release on Sub City in 1999 benefiting the Foundation Fighting Blindness (FFB). The FFB cause was especially close to my family and me, as I was told at age 19 that I was slowly going to lose my eyesight, and that there are no treatments or cures at this time. I realized I had two options: I could let the disease control my future, or I could take responsibility for my own future and happiness. We all have obstacles in our lives. Some of you may be dealing with a death in the family, a physical disability, difficulty making friends, trouble at home, drug abuse, depression or something else. In my experience, it is up to us to face our and others' obstacles by being active participants in improving our own lives and the lives of those we care about.

Hopeless Records created Sub City as a way to raise awareness and funds for important causes through our and our bands' efforts. Along with donating money to a non-profit organization from every Sub City record sold, we launched the first Take Action Tour to bring the Sub City concept to the road. It was difficult to convince people of this new concept, so we put the tour together very DIY-style, with mainly Hopeless and Sub City bands participating, such as Fifteen, the Weakerthans and Dillinger Four.

In 2001, we teamed up with Mike Park (Plea For Peace Foundation) and the National Hopeline Network 1-800-SUICIDE (784-2433), calling the tour Plea For Peace/Take Action. Over the years, the tour has grown as bands, partner companies and show-goers have had great experiences. The tour has had the pleasure of working with bands such as Jimmy Eat World, Thrice, Thursday, Hot Water Music, Poison The Well and many more; partner companies like Alternative Press Magazine, Hot Topic, Tower Records, Etnies, Flowerbooking, the Mitch Schneider Organization, the Syndicate and many others; and we have received thousands of government-funding petition signatures and thousands of e-mails and letters from many of you who have been impacted by the tour.

So here we are, the 2003 tour with a shorter name, a bigger message and another awesome line up on the tour and CD.

Whether you are just coming out for the music or you are more interested in the charitable aspect of the tour, we hope you enjoy yourself and Take Action to make your and your loved ones' lives better.

Best Regards,
Louis Posen
HOPELESS RECORDS/SUB CITY

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CDEP - OUT IN FALL 2003

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**A youth suicide occurs
once every two hours
in the U.S.**

**12 times
per day.**

**84 times
per week.**

**Well over 4,000 times
per year.**

"In 2000 [most recent data available], more teenagers and young adults died from suicide than cancer, heart disease, AIDS, birth defects, stroke, lung disease—in essence, all natural causes combined," said former Surgeon General David Satcher.

Most people know very little about suicide, and even fewer of us know what to do when someone we care about begins to contemplate suicide.

TO HELP SAVE LIVES, a free copy of the best-selling book *Suicide: The Forever Decision...For Those Thinking About Suicide And For Those Who Know, Love, Or Counsel Them* has been included on the 2003 Take Action Tour CD. The book, written by Paul Quinnett, Ph.D., is a very cool read (not boring or clinical); and if you or someone you know is having thoughts of suicide, it's also a *must-read*: It will give you all the tools you need to make a positive change.



The book normally sells for \$17.95, but it's included free on the CD, brought to you by the Take Action Tour, Kristin Brooks Hope Center and the QPR Institute. If you don't have a home computer or only have access to a Mac, you can still visit www.qprinstitute.com to download a copy. Electronic copying, translation and distribution of the book are strongly encouraged.

In addition to the book, the CD contains a depression-screening tool, information on suicide-prevention training programs, Web-based resources, volunteer opportunities, and petitions to sign and send to your government representatives.

HOPE BEGINS WITH YOU!

IN STORES SEPTEMBER 9TH

PUNK ROCK



Summer
comp

FEATURING
NOFX RANCID DEFTONES BAD RELIGION
U.S. BOMBS H2O ALL NO USE FOR A NAME
UNWRITTEN LAW OZOMATLI & MORE...



DVD



Warped Tour
2003 Compilation



Atticus
...dragging the lake. II



The Suicide Machines
A Match And Some Gasoline



Slick Shoes
Far From Nowhere

Coming Soon: **Maxeen** (debut CD) • **The Casualties** "On the Front Line"
Flogging Molly new CD • **Kill Your Idols** new CD • **7 Seconds** new CD

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AVENGED SEVENFOLD

HOME BASE > Orange County, CA
NOW PLAYING > *Waking The Fallen*
(HOPELESS; hopelessrecords.com)

WHO'S WHO > M. Shadows (vocals),
Synyster Gates (lead guitar), Zacky
Vengeance (guitar), Johnny Christ (bass), the
Rev. (drums)


WHY YOU NEED TO KNOW THEM > You wouldn't know it by looking at 'em, but Avenged Sevenfold are probably the only band on Take Action who love their Bad Religion as much as they do their black metal. The quintet flawlessly team harmonized leads and minor-key melodies with soaring vocals and punk attitude, so get ready to flash the devil sign and fingerpoint along to their set.

A CHAT WITH M. SHADOWS:

Has anyone in your band had personal experiences with depression or suicide?

Our old bass player actually did; he tried to commit suicide with cough medicine because of depression, and he ended up going insane because of it. So, we've definitely seen what [depression] can do to someone. >>>





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“AND EVEN IF IT HELPS ONE KID, IT’S SAVING SOMEONE.”

>>>

Is he okay now?

No, he’s pretty screwed up. He went to a mental institution for quite a few months, and when he got out, it was like he was on acid all the time. Eventually, we had to let him go because it was too much.

Are you hoping this tour might prevent that type of thing from happening to someone else?

Yeah. It’s always good to play for a cause like this, because if it can help anyone, it’s a good thing. I’m sure doing this tour will help a lot of kids. And even if it helps one kid, it’s saving someone, so it’s definitely a cool thing.

What do you think takes precedence with most concertgoers: the music or the message?

Personally, I think there are going to be a lot of kids who are just going for the music. But, hopefully, they’ll get something out of it when they get to see all the pamphlets and information about depression and realize how it can affect people. I’m sure they will. [JB]

NOW THIS WON'T HURT A BIT!



ANTI-FLAG
"THE TERROR STATE"
OUT OCTOBER 21ST ON CD/LP



RISE AGAINST
"REVOLUTIONS PER MINUTE"
OUT NOW ON CD/LP



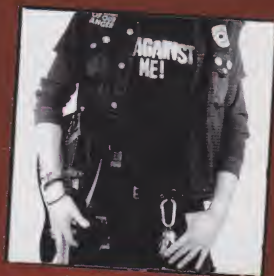
SICK OF IT ALL
"LIFE ON THE ROPES"
OUT NOW ON CD/LP



NONE MORE BLACK
"FILE UNDER BLACK"
OUT NOW ON CD/LP



THE LAWRENCE ARMS
"THE GREATEST STORY EVER TOLD"
OUT SEPTEMBER 23RD ON CD/LP



AGAINST ME!
"AS THE ETERNAL COWBOY"
OUT NOVEMBER 4TH ON CD/LP

SEE THE FAT TOUR FEATURING ANTI-FLAG, RISE AGAINST, AGAINST ME!, AND NONE MORE BLACK.

**LEG 1: WEST COAST/MIDWEST
DATES SHOWN.**

**LEG 2: SOUTH/SOUTHWEST
DEC. 2ND THRU 19TH**

**LEG 3: EAST COAST/CANADA
JAN. 14TH THRU FEB. 1ST**

11/6 - TEMPE, AZ
11/7 - LAS VEGAS, NV
11/8 - SAN DIEGO, CA
11/9 - ANAHEIM, CA
11/10 - LOS ANGELES, CA
11/11 - SAN FRANCISCO, CA
11/12 - SAN FRANCISCO, CA
11/13 - PORTLAND, OR
11/14 - SEATTLE, WA
11/15 - SEATTLE, WA
11/16 - BOISE, ID
11/17 - SALT LAKE CITY, UT
11/18 - DENVER, CO
11/20 - MINNEAPOLIS, MN
11/21 - CHICAGO, IL
11/22 - DETROIT, MI



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DILLINGER ESCAPE PLAN

HOME BASE > Morris Plains, NJ
NOW PLAYING > *Calculating Infinity*
(RELAPSE; relapse.com)

WHO'S WHO > Greg Puciato (vocals), Benjamin Weinman (guitar), Brian Benoit (guitar), Liam Wilson (bass), Chris Pennie (drums)

WHY YOU NEED TO KNOW THEM > Not many people heard the Dillinger Escape Plan's 1997 debut, but everyone who did formed a band. Of course, by the time *those* bands were set to debut, Dillinger had taken their blazing, hyper-technical math-metal to levels no one could replicate. You'll watch their set wondering how one band could remember to hit all those notes that hard every night—when you're not dodging the flying guitar necks, that is.

A CHAT WITH BENJAMIN WEINMAN:

What do you feel Dillinger's role is on this year's tour?

When Dillinger plays, we always get some kind of reaction. That's probably what our role is on any bill—just to shake things up a little. >>>



//radiotakeover

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NEW SYSTEM

less than 4 corporations control over two-thousand radio stations which transmit oppressively profit driven, homogenized broadcasts in the name of private interest. freedom to provide content, unrestricted by corporate agendas, is in the best interest for an informed, true democracy. //radiotakeover, along with most public, college, and internet radio stations, provides free, alternative content.

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“PLAYING MUSIC IS MY SAVIOR.”

>>>

What does this tour mean to you personally?

Playing music is my savior, as cheesy as that sounds. I never take the opportunity to vent—through our music and live show—for granted. I think it's kinda cool that the very thing that sometimes gets me through the day is possibly in some way contributing to a cause that may help someone else through a hard time.

How do you cope with feelings of depression?

Ah, don't know. I'm 28 and live with my parents; I have \$11 to my name; and I sit and watch MTV all day while throwing shit at the screen. Our singer went to Ozzfest and threw a sandwich at the singer from

Disturbed's head. He felt pretty good after that. I suggest everyone try it.

How will you keep the spirit of Take Action going once the tour's ended?

I think I'll be able to answer that better after the tour. I really don't know how being around this type of thing will affect me. In the meantime, I have been really impressed with everyone involved with Take Action. So far, I think it's a great organization that I wouldn't mind being involved with again in the future.

What do you hope your fans will gain after coming to Take Action this year?

A brand-new Dillinger Escape Plan T-shirt. Oh, and don't forget the matching hat! [AB]

Cursive

fall tour 2003

- Sep-10** Minneapolis - Triple Rock
Sep-11 Grinnell, IA - Grinnell College
Sep-12 Chicago, IL - Metro
Sep-13 Detroit, MI - Majestic Theatre
Sep-14 Columbus, OH - Little Brothers
Sep-15 Pittsburgh, PA - Club Laga
Sep-16 Buffalo, NY - Nietzsche's
Sep-17 Clinton, NY - Hamilton College
Sep-18 Boston, MA - Middle East
Sep-19 Irvington, NJ - Cricket Club
Sep-20 Philadelphia, PA - Trocadero
Sep-21 New York, NY - Bowery Ballroom
Sep-22 New York, NY - Bowery Ballroom
Sep-23 Washington, DC - Black Cat
Sep-24 Richmond, VA - Alley Katz
Sep-25 Carrboro, NC - Cat's Cradle
Sep-26 Charlotte, NC - Tremont Music Hall
Sep-27 Atlanta, GA - Echo Lounge
Sep-28 Orlando, FL - The Social
- Sep-29** Orlando, FL - The Social
Oct-01 Athens, GA - 40 Watt
Oct-02 Nashville, TN - Exit In
Oct-03 St Louis, MO - Mississippi Nights
Oct-04 Lawrence, KS - Bottleneck
Oct-14 Denver, CO - Gothic Theatre
Oct-15 Salt Lake City, UT - DV8
Oct-17 Seattle, WA - Graceland (2 shows)
Oct-18 Portland, OR - Nocturnal
Oct-20 San Fran., CA - Bottom of the Hill
Oct-21 San Fran., CA - Great Am. Music Hall
Oct-22 Los Angeles, CA - Henry Fonda
Oct-23 San Diego, CA - The Scene
Oct-24 Pomona, CA - Glass House
Nov-03 Tempe, AZ - Nitas Hideaway
Nov-04 El Paso, TX - Club 101
Nov-06 Houston, TX - Numbers
Nov-07 Austin, TX - Emo's
Nov-08 Dallas, TX - Trees



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Hold On Love
CD/LP



SADDLE CREEK
"50" Sampler
2xCD/LP



BRIGHT EYES
Lifted
CD/2xLP



EIGHTEEN VISIONS

HOME BASE > Orange County, CA
NOW PLAYING > *Vanity* (TRUSTKILL; trustkill.com)
WHO'S WHO > James Hart (vocals), Keith Barney (guitar), Mick Morris (bass), Ken Floyd (drums)
WHY YOU NEED TO KNOW THEM > We can't think of many other bands who've got fans and reviewers alike name-checking stuff like Hatebreed, the Haunted, even the Doors, when describing their sound. Known for their unbridled energy, their deft musicianship and their sharp dress sense, these "fashioncore" standard-bearers have staked out their own territory where great songwriting and jet-engine power meet, raising the bar for America's post-hardcore scene.

A CHAT WITH JAMES HART:

What does this tour mean to you personally?

Being out with different bands for a good cause. We've been friends with Poison The Well for a long time. We like getting to go out and meeting new bands and new fans. Getting to establish relationships and friendships with people is very important to us.

Does anyone in the band have personal experiences with depression?

Mick, our bass player, moved from Salt Lake City to California to join the band. A few weeks after he moved, his mother passed, and he had a rough time with it, like anybody would. He moved back to Salt Lake to sort some things out. When he came back, everything was on the up-and-up.

About a month ago, I had a kid talk to me on the Internet about being suicidal. I don't know if he was serious about it, but I talked to him for over an hour, and I gave him a million reasons why he shouldn't do it. The next day, he sent me an e-mail, thanking me. I definitely think that the work that Take Action does has an impact on people.

How will you keep the spirit of Take Action going once the tour's ended?

I have kids come up to me after nearly every show and tell me that my lyrics helped them get through something. I think it's really important to realize that the kids are there for Eighteen Visions or Poison The Well or any of the other bands on this tour, because there is a connection. They like the music, and they relate to the lyrics. I'm glad we can bring some of that to the table. [JP]



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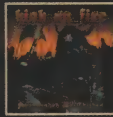
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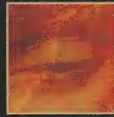
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FURTHER SEEMS FOREVER

HOME BASE > Pompano Beach, FL
NOW PLAYING > *How To Start A Fire*

(TOOTH & NAIL: toothandnail.com)

WHO'S WHO > Jason Gleason (vocals), Josh Colbert (guitar), Brandon Swanson (guitar), Derick Cordoba (guitar), Chad Neptune (bass), Steve Kleisath (drums)

WHY YOU NEED TO KNOW THEM > What started as a phoenix rising from the ashes of Florida bands such as Strongarm and the Vacant Andy's has evolved into a major punk player of its own. Further Seems Forever, perhaps the least heavy of all the bands on this year's Take Action Tour, can rub shoulders with punk, metal and hardcore bands alike (past tourmates include Coheed & Cambria, Shai Hulud and New Found Glory), thanks to their unique blend of pop melodies and heavy instrumentation, as captured perfectly on their latest, *How To Start A Fire*.

A CHAT WITH STEVE KLEISATH:

What do you hope your fans will gain by attending the tour this year?

Well, I hope they enjoy the show, for one, but even more importantly, I hope they will gain a new awareness of how serious the issue of suicide is—particularly in their age range. >>>



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Can you share any personal experience with depression or suicide?

We've all have been depressed at some time or another. I've never personally reached a level where I was thinking about suicide, but I have been depressed as a result of failed relationships or working hard for something and not having the outcome I thought I would have. Physical ailments over a long period of time have also caused me depression at certain points in my life.

Why is a tour like Take Action important?

I think it is important for awareness of the suicide problem, and to promote solutions and outlets such as the hotline. Also, I think kids look up to bands and what they have to say, and I think when they see one of their favorite bands participating in something like this, the importance hits home with them more than maybe seeing a segment on TV. **[LS]**

from Autumn to Ashes

THE FICTION WE LIVE

FROM AUTUMN TO ASHES

Main Entry: fic tion
Pronunciation: 'fik shen

Function: ~~to share, fashion, fiction~~ Middle French ficti... fictio acti...
Etymology: ~~from Latin~~ 14th century
Definition: ~~an~~ an assumption of a possibility... irrespective of the... as legal

~~THE FICTION WE LIVE~~

the fiction we live



IN STORES 9.9.03

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POISON THE WELL

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WHO'S WHO > Jeffrey Moreira (vocals), Derek Miller (guitar), Ryan Primack (guitar), Geoff Vegas (bass), Chris Hornbrook (drums)

WHY YOU NEED TO KNOW THEM > Even though Poison The Well's early releases were heavier on the noise, there was no denying the sensitive, melodic songwriters ready to break out from beneath the roar. By the time of their 2002 Trustkill Records disc, *Tear From The Red*, PTW had done just that, delivering a white-hot mass of texture and emotion whose balance of the sweet and the sinister was on par with the work of mega-stars like Deftones. Now, with an adventurous major-label debut under their belts, PTW are showing the world that, for all its wild, superhero qualities, *Red* was just a teaser.

A CHAT WITH DEREK MILLER:

What do you think your role is as this year's headliner?

I want to encourage people to come talk to us, because who better to talk to about your problems than someone you relate with? Like, if I could sit down with Morrissey and tell him my problems, I would, because, come on, it's *Morrissey*. >>>



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“...it’s surprising how much someone is willing to open up to a complete stranger.”

I’m sure his problems are much bigger than yours, anyway.

[Laughs.] Yeah. But, you know, Ryan talks to people on tour all the time, and it’s surprising how much someone is willing to open up to a complete stranger. I mean, they know your work; they know your music, and they’ve connected with it—which is special, you know?

Is there a band that helped you get through a particularly hard time?

Well, I’ve never been on the verge of committing suicide, but I’ve been through some bad shit, and, yeah, my favorite bands get me through everything. Like the Smiths—I can just cry listening to them; it’s insane. [Laughs.]

Does anyone else in the band have personal experiences with depression?

Um, I don’t know if I want to answer that. I mean, I’ve had my lows, of course—everyone

does—but it’s never been something that was ruining my life. But, yeah, there are people in our band that have dealt with it; I’d just feel bad talking about it.

How will you keep the spirit of Take Action going once the tour’s ended?

I think that our band is slowly starting to be about something. I feel like we have a sense of endeavor now, starting with our new record—there’s an idea under it, and I think the [album artwork] is a nice way to sum it up. It’s this person that is growing, literally. It’s really pretty, and then you open it up, and there are some very bad things inside; there’s blood, and so on, a really bad mixture of feelings. If anything, it relates to what I was talking about earlier, about breaking down communication barriers: being honest with yourself and with other people, and not bottling up all these feelings that often lead people to think there’s no solution and, hence, they take their life. [AB]

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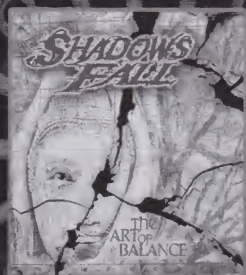
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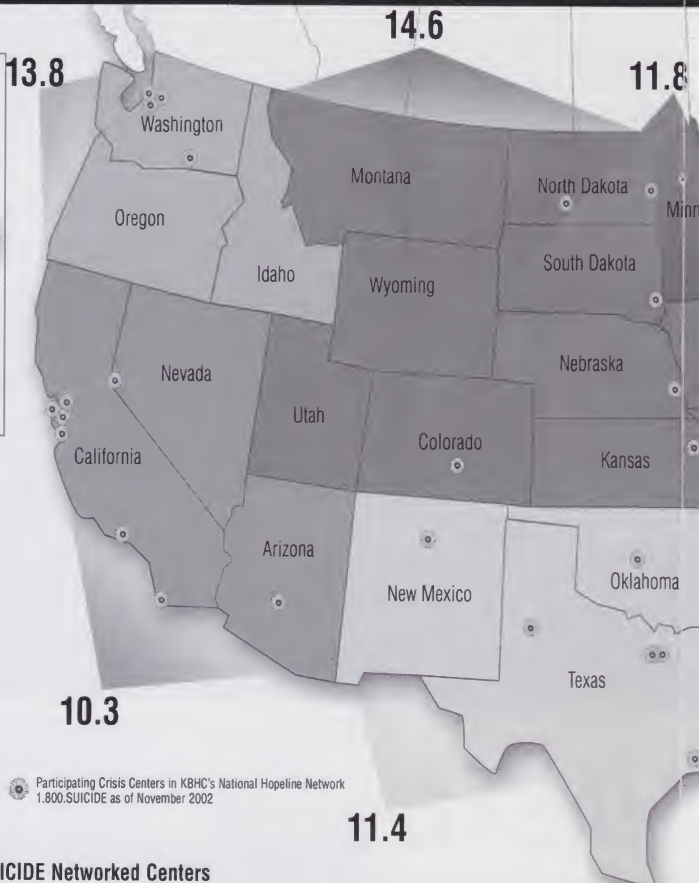
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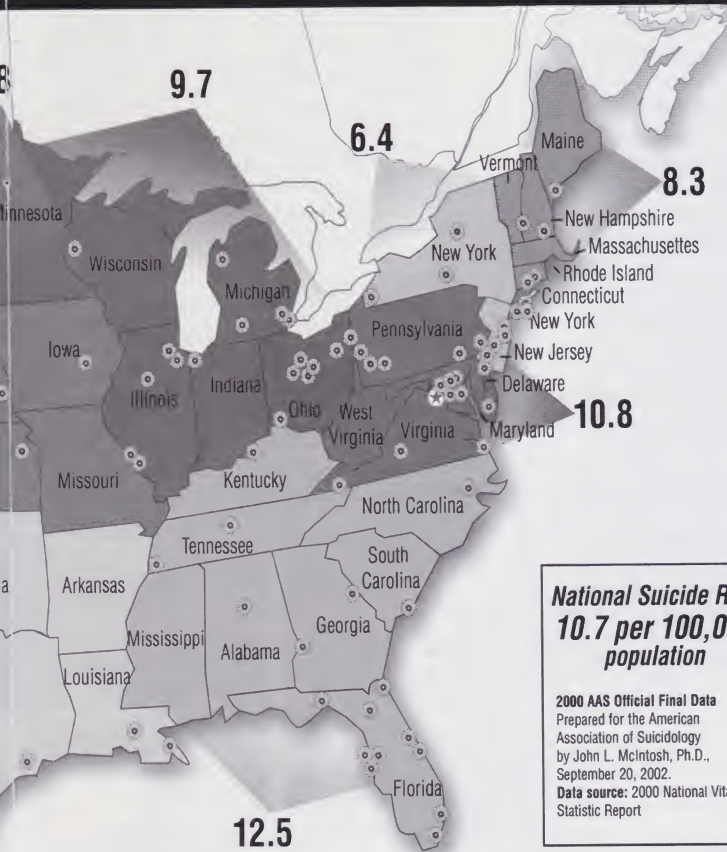
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Crisis Intervention & Suicide Prevention Center
Didi Hirsch Community Mental Health Center
United Behavioral Health-Access & Crisis Line
San Francisco Suicide Prevention
Santa Clara Co. Suicide & Crisis Counseling Svcs.
Contra Costa Crisis Center
Pueblo Suicide Prevention Center, Inc.
Wheeler Clinic, Inc. Emergency Service
Infoline - United Way of Connecticut
CONTACT Delaware, Inc.
Crisis Services of Brevard, Inc.
Alachua County Crisis Center
First Call for Help/United Way
The Center for Information and Crisis Services
Pinellas Cares, Inc.
Switchboard of Miami, Inc.
LifeLine of Central Florida
Personal Enrichment through MHS, Inc. (PEMHS)
Telephone Counseling & Referral Service, Inc.
Crisis Center of Tampa Bay, Inc.
Integrated Health resources

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Tempe AZ Foundation 2 Crisis Center
Berkeley CA Suicide Prevention Services, Inc.
Burlingame CA Call for Help, Suicide and Crisis Department
Culver City CA Crisis Line of Will County
San Diego CA Mental Health Association of Illinois Valley, Inc.
San Francisco CA Contact Cares, Inc. of NW Indiana
San Jose CA Headquarters Counseling Center
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Gainesville FL Mental Health Association
Jacksonville FL Life Crisis Center
Lantana FL Ingraham
Largo FL Common Ground Sanctuary - Crisis Telephone Line
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Pinellas Park FL Third Level Crisis Center
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St. Louis MO

National Hopeline Network



Crisis line services networked through 1.800.SUICIDE (784-2433) are made more accessible to the hundreds of thousands of Americans who contemplate or attempt suicide each year.

The National Hopeline Network 1.800.SUICIDE (784-2433) is the nation's only suicide prevention crisis hotline network, linking certified crisis centers together under one easy-to-remember, toll-free access number.

People in crisis who call 1.800.SUICIDE usually reach a trained crisis line worker within two to three rings, or about 20 to 30 seconds from the moment they dial the number. Calls are connected to a certified crisis center nearest the caller's location. In the event that the crisis center is busy, the call is automatically and seamlessly routed to the next nearest crisis center to the caller's location. Callers will not receive a busy signal or voicemail. Trained crisis line workers answer calls 24 hours a day, seven days a week.

Through a three-year SAMHSA grant, the Kristin Brooks Hope Center and the American Association of Suicidology (AAS) are partnering to expand the National Hopeline Network to over 350 AAS and CONTACT USA certified crisis centers by fall of 2004.

National Suicide Rate 10.7 per 100,000 population

2000 AAS Official Final Data

Prepared for the American Association of Suicidology by John L. McIntosh, Ph.D., September 20, 2002.

Data source: 2000 National Vital Statistic Report

GA	REAL Crisis Intervention, Inc.	Greenville	NC		Oklahoma City	OK
IA	Helpline, C/O Mental Health Association	Bismarck	ND	CONTACT Crisis Helpline, Inc.	Bala Cynwyd	PA
IL	FirstLink Hotline	Fargo	ND	CONTACT Careline for Greater Philadelphia	Beaver	PA
IL	Girls and Boys Town National Hotline	Boys Town	NE	CONTACT Beaver Valley	Indiana	PA
IL	Riverbend Community MH, Inc.	Concord	NH	The Open Door	Lancaster	PA
IL	Headrest Inc.	Lebanon	NH	Contact Lancaster Helpline	Pittsburgh	PA
IN	Contact of Mercer Co.	Ewing	NJ	CONTACT Pittsburgh, Inc.	Richboro	PA
KS	CONTACT Hotline	Pequanock	NJ	CONTACT Bucks County, Inc.	N. Charleston	SC
KY	CONTACT We Care, Inc.	Scotch Plains	NJ	Hotline	Stoux Falls	SD
LA	Crisis Response of Santa Fe	Santa Fe	NM	HELPLINE Center	Memphis	TN
LA	Crisis Call Center	Reno	NV	The Crisis Center	Nashville	TN
MD	Long Island Crisis Center	Bellmore	NY	Crisis Intervention Center, Inc.	Dallas	TX
MD	Crisis Services, Inc.	Buffalo	NY	Contact Counseling	Dallas	TX
MD	Suicide Prevention & Crisis Services of Tompkins County	Ithaca	NY	Suicide and Crisis Center	Houston	TX
MD	Help Line Telephone Services, Inc.	New York	NY	Crisis Intervention of Houston, Inc.	Lubbock	TX
MD	Covenant House Ninline	New York	NY	CONTACT Lubbock	Arlington	VA
ME	LIFE LINE/Health Association of Rochester	Rochester	NY	CrisisLink	Bristol	VA
MI	CONTACT Crawford Co.	Bucyrus	OH	The Crisis Center	Lynchburg	VA
MI	Crisis Intervention Center of Stark County, Inc.	Canton	OH	The Crisis Line of Central Virginia	Norfolk	VA
MI	Suicide Prevention Services	Columbus	OH	The Crisis Line of The Planning Council	Bremerton	WA
MI	HelpLine of Delaware & Morrow Counties, Inc.	Delaware	OH	Crisis Center of the Peninsulas	Everett	WA
MI	HelpLine of Morrow County, Inc.	Mt. Gilead	OH	"Volunteers of America/Care Crisis Response Services"	Richland	WA
MO	Community Counseling & Crisis Center	Oxford	OH	Contact Tri Cities	Seattle	WA
MO	Help Hotline Crisis Center, Inc.	Youngstown	OH	Crisis Clinic of King County		

HIMSA

HOME BASE > Seattle, WA
NOW PLAYING > *Courting Tragedy And*

Disaster (PROSTHETIC; prostheticrecords.com)

WHO'S WHO > John Pettibone (vocals), Matt Wicklund (guitar), Kirby Charles Johnson (guitar), Derek Harn (bass), Steve Fournier (drums)

WHY YOU NEED TO KNOW THEM > With a tongue-in-cheek creepy vibe and an audible hankering for metal legends like Iron Maiden, Slayer and In Flames, Himsa are kicking metal-core into the new school via the old school. The band, who've been through enough lineup changes to make A Perfect Circle look stable, have taken their melodic hybrid of hardcore and technical death metal on the road with the likes of AFI, Atreyu, Bleeding Through, Haste and the Red Chord, among many others. Somewhere between their inception in 1998, their stint on Revelation Records and their latest (and greatest) album, *Counting Tragedy And Disaster*, they've even become a favorite of MTV's Olympic headbanger, Iann Robinson. Uncompromising, unmerciful and out to leave a mark—that's Himsa.

A CHAT WITH DEREK HARN: Why did you decide to participate in this year's Take Action Tour?

This year's tour is going to be a great way to spread the word about the problems with depression. All the bands have great attitudes and are very open to discussion about the topic.

How would you encourage others to get involved?

Education is the key. We can help spread the word, but on an individual level, people can volunteer with help lines and just educate themselves about what's going on.

What do you hope your fans will gain by attending the tour this year?

A chance to have a great time and participate in an open forum.

Can you share any personal experience with depression or suicide?

Well, we live in Seattle, which is the suicide capital of the U.S. Everyone in the band is affected by this. Music helps us deal with the dreariness. It's our outlet, and it may help others come up with a solution. [LS]





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PUNISHMENT
Rising from the tumultuous urban warzone that is Philadelphia, Punishment triumph with an attack of deeply scarred metallic hardcore that will pave any listener's...

BENEATH THE ASHES
Sacramento, California's tech-metal hardcore darlings offer up a gort of crushing riffs, complex melodies, and head-spinning song structures. Features members of Embrace The End...

ELAD LOVE AFFAIR
Psychological insecurities and social deformities set to rock n roll. Full of change-ups and unfinished sentences. Intricate and urgent. * For fans of Mars Volta, Pretty Girls.

STEREOTYPEDRIVER
Calling Arizona home, this quartet has a sound that straddles the fence between misty and aggression. Featuring ex members of ManDingo and Adams Alcoholics...

BAND OF THE WEEK

QUALIFRANCIE

SHADOWS FALL

HOME BASE > Holyoke, MA

NOW PLAYING > *The Art Of Balance*
(CENTURY MEDIA; centurymedia.com)

WHO'S WHO > Brian Fair (vocals), Jonathan Donais (lead guitar/vocals), Matthew Bachand (guitar/vocals), Paul Romanko (bass), Jason Bittner (drums)

WHY YOU NEED TO KNOW THEM > Think you were busy in the late '90s? Brian Fair's old band, Overcast, was inventing metalcore. By the time Fair joined Shadows Fall as their new lead vocalist, he'd been given an even bigger mission: to help remake thrash metal with an eclectic, anthemic sense of (higher) purpose.

What does this tour mean to you personally?

I grew up in the hardcore scene, where things were always done DIY-style: There were benefits all the time; everything had some sort of social or political agenda that was important to the bands. And that's something that's been lost as metal and hardcore have blown up; kids forget where the scene came from. The scene came from a reaction to things around people, and the need to make a change. For me, personally, to get back into something like that again reminds me of why I got into this in the first place.

Can you think of a time when a fan reached out to you because your music helped them get through a difficult time?

Honestly, on Ozzfest this year, we heard more about that than I ever have in my life. We're not one of those bands that hides in our tour bus; we try to go out and meet as many people as we can. And when I hear that certain songs helped a kid get through a certain situation, or just inspired them to go out and do their own thing, that means more than any circle pit could ever mean. If the music physically moves you in the live situation, that's great—but if the lyrics and the vibe of the song tap into something personal in you, that's an incredible connection. And that's something that only music can do. **[AB]**

A CHAT WITH BRIAN FAIR:

What do you feel Shadows Fall's role is on this year's tour?

I think we're the token thrash-metal band. [Laughs.] No, honestly, we're just psyched to be a part of something that has such a cool concept and is going toward such a great cause.



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A CHAT WITH MATT FOX:

Matt, have you ever been affected by depression?

The only time it really affected me was when we were recording our first album, *Hearts Once Nourished With Hope And Compassion*. Right around that time, for some reason, I got hit with serious depression. Before that, I had always scoffed at people that claimed to be depressed. It's really easy to tell somebody to get out of a depression when you're not in it, but when it hits you, sometimes there's no rhyme or reason to it—and it hit me pretty bad.

How long did it last?

I'd say I was depressed for a good two years. My main thing was, I felt truly too stupid to communicate and exist. It affected my relationships with family and friends; if someone asked me to go out to dinner, I would say no, because I felt I had absolutely nothing to contribute to any conversation. It was pretty horrible.

What pulled you out of it?

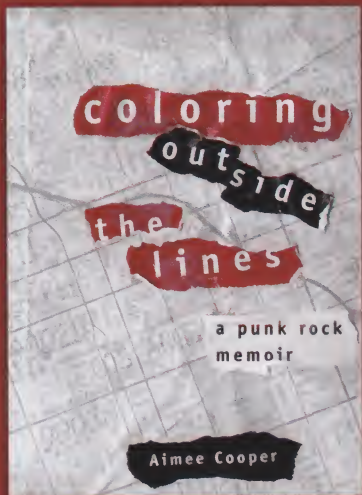
Actually, writing and recording that first album. After that, it was kind of a weight off my shoulders. It was probably the most important thing I'd ever done at that point, so I kinda worked myself out of it. I was pretty fortunate to have done so. I would hope no one would ever feel remotely how I felt for those two years. [JB]

HOME BASE > Poughkeepsie, NY
NOW PLAYING > *That Within Blood III-Tempered* (REVELATION; revelationrecords.com)

WHO'S WHO > Geert Van Der Velde (vocals), Matthew Ian Fox (guitar), Matthew Lee Fletcher (bass), Anthony Nicholas Tintari (drums)

WHY YOU NEED TO KNOW THEM > Forget the fact that current New Found Glory guitarist Chad Gilbert was Shai Hulud's original singer. Shai Hulud combine hardcore's most crushing elements with a keen sense of melody—and they never play the same riff twice. Couple that with heartfelt lyrics and unbounded sincerity, and you've got one of the most unique metal-core acts around.





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- Jeffx, Quebec Hardcore News

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- Jay Hale, Fat City Magazine



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SINCE BY MAN

A CHAT WITH
JUSTIN
KAY:

Has anyone in your family had experiences with depression or suicide?

HOME BASE > Milwaukee, WI
NOW PLAYING > *We Sing The Body Electric* (REVELATION; revelationrecords.com)
WHO'S WHO > Sam Macon (vocals), Eric Alonso (bass), Kevin Herwig (guitar), Justin Kay (guitar) Jon Kraft (drums)
WHY YOU NEED TO KNOW THEM > These recent art-school grads combine the fury of Coalesce with the intellect of Refused to create a conceptual cacophony all their own. *We Sing The Body Electric* is a stellar debut, but *Since By Man* really thrive live. Speaking of, shouldn't you be watching them right now instead of reading *this*?

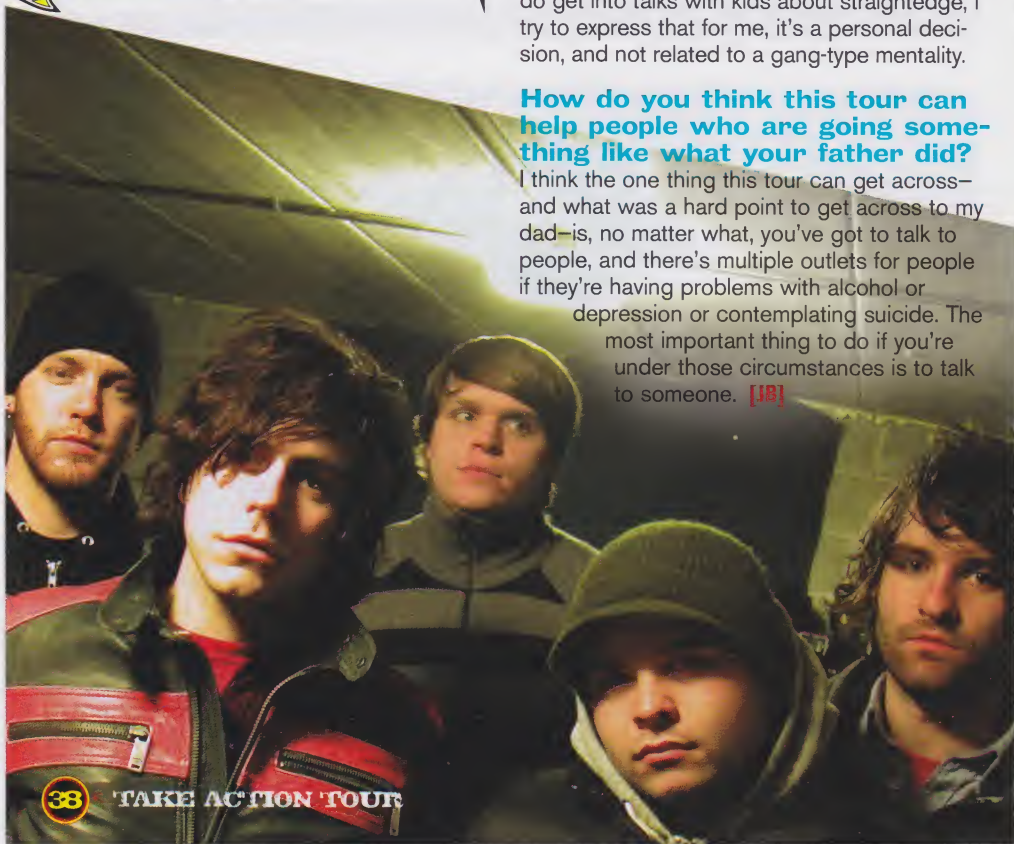
My dad was an alcoholic. It was a hereditary thing—seven out of eight siblings were alcoholics, and three of them committed suicide, one of which was my dad. His whole life, he had to fight against chronic depression, and I saw him go in and out of treatment while I was growing up. He was an awesome person and a great dad; he was working against the elements and trying to do everything he could, and in the end he couldn't, which is why he committed suicide.

How do you think that event shaped who you are today?

When I was 10 years old, I knew I was never going to drink. That's how I found punk rock, because in a roundabout way I was straight-edge before I even know punk existed. When I do get into talks with kids about straightedge, I try to express that for me, it's a personal decision, and not related to a gang-type mentality.

How do you think this tour can help people who are going something like what your father did?

I think the one thing this tour can get across—and what was a hard point to get across to my dad—is, no matter what, you've got to talk to people, and there's multiple outlets for people if they're having problems with alcohol or depression or contemplating suicide. The most important thing to do if you're under those circumstances is to talk to someone. [18]



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HOME BASE > Seattle, WA

NOW PLAYING > *This Is Meant To Hurt You*
(JADE TREE; jadetree.com)

WHO'S WHO > Steve Snere (vocals), Brian Cook (bass, keyboards), Jesse Robertson (keyboards), Joe Preston (drums), Ryan Frederiksen (guitars)

WHY YOU NEED TO KNOW THEM > With a lineage that includes members of revered underground noisemakers like Botch, Kill Sadie and Nineironspitfire, These Arms Are Snakes are expanding the parameters of America's post-hardcore rulebook. Jade Tree will release the band's debut album early next year.

Besides the money it generates for charity, what would make Take Action a success for you?

I think it would be cool if somebody came to see the show, and he or she had no knowledge about Take Action. Then, when they got to the show, they'd discover Take Action and think, "Holy shit! This is a cool thing." That's the thing that's always separated hardcore and punk rock from "normal" music—it was about getting a little deeper than just entertainment [and] meeting girls, and stuff like that.

Does anyone in the band have personal experiences with depression?

I work at a teen center. The mission statement of the center that I work at is to find a space for kids that don't have any specific involvements, like a tie to a church, school, sports or other extra-curricular activities. Part of being a teenager is feeling like you don't fit in anywhere, so I think it's easy to identify with. Our kids are feeling that on a much greater level than the average kid, and that's an incentive. [JP]

A CHAT WITH BRIAN COOK:

What does this tour mean to you personally?

Nowadays, MTV has co-opted a lot of punk and hardcore culture, and it's cool that a project like Take Action commands a level of social awareness and integrity within the



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THIS DAY FORWARD

HOME BASE > Philadelphia, PA

NOW PLAYING > *In Response* (EQUAL VISION: equalvision.com)

WHO'S WHO > Mike Shaw (vocals), Brendan Ekstrom (guitar), Vadim Taver (guitar), Gary Shaw (bass), Colin Frangicetto (drums)

WHY YOU NEED TO KNOW THEM > Since forming in 1996, This Day Forward have grown significantly as songwriters, musicians and people. That growth has helped them to blur the lines of punk subgenres while remaining true to their original vision.

A CHAT WITH COLIN FRANGICETTO: What does this tour mean to you personally?

I feel very excited and honored to be part of a tour with a purpose other than just rocking people's socks off every night. Too many kids try to deal with depression and suicidal thoughts on their own. It's so important for young people to know that they have somewhere to turn in times of desperation, and that there are so many other people dealing with the same things as them.

Does anyone in the band have personal experiences with depression?

I've struggled with depression since I was 13, and I've found no cure or outlet that can compare to what music—hardcore and punk rock, specifically—has done for me. That's why Take Action is so awesome. It doesn't just promote awareness about suicide prevention; the shows themselves serve as therapy for everyone there.

Could you make the kind of music you do if you weren't battling feelings of depression?

Even through the darkest of times, we try to bring something positive out of every negative experience. I don't know if we would need to make music so much if everything was always perfect.

How will you keep the spirit of Take Action going once the tour's ended?

I think the best thing for everyone to do is to pay close attention to the people you care about. There aren't always crystal-clear warning signs, but if you know someone well and they don't seem themselves, then talk to them about it. As far as us as a band, we'll be getting Take Action literature to bring to shows to help spread the word. [JP]





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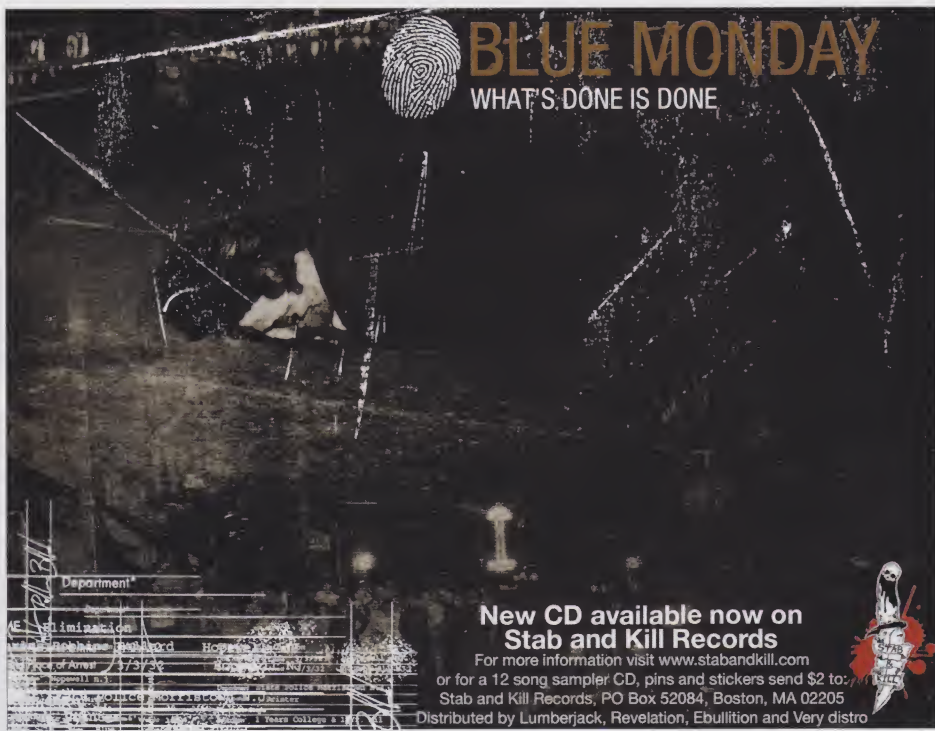
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THROWDOWN

HOME BASE > Orange County, CA

NOW PLAYING > *Haymaker* (TRUSTKILL; trustkill.com)

WHO'S WHO > Dave Peters (vocals), Tommy Love (guitars), Dom Macaluso (bass), Wes Keeley (drums), Keith Barney (guitars)

WHY YOU NEED TO KNOW THEM > Throwdown are here to crush you. After five-plus years of playing musical chairs, this straightedge crew has finally settled on a lineup (their roster's included members of Eighteen Visions, Death By Stereo and Bleeding Through), though their latest album, *Haymaker*, also features vocals by Chad Gilbert (New Found Glory, ex-Shai Hulud) and Scott Vogel (Terror). Prime movers in the Orange County hardcore scene, Throwdown are pinning audiences worldwide with their guitar-driven dropkicks and vocal chokeholds.

It's a tour with good bands and a good cause. We've played with a lot of great bands before, but we've never really had the opportunity to do something like this, where there's an intensive purpose to it all.

Why is a tour like Take Action important?

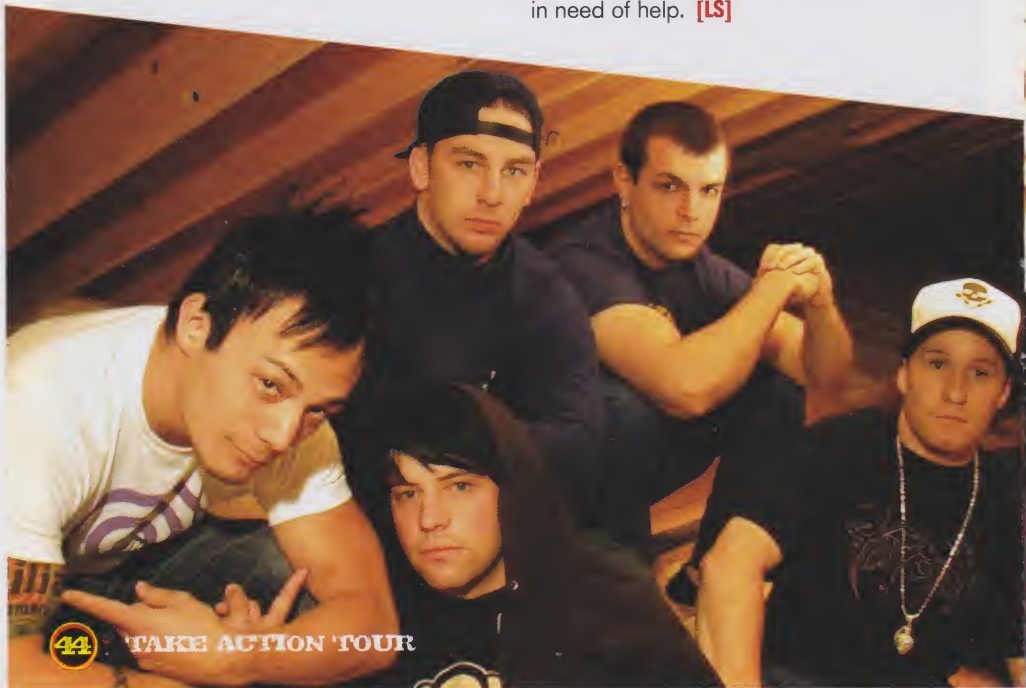
All these bands have something to say, personally or politically, that kids can relate to. I think a lot of the time, musicians forget that and don't realize that just a few words can mean something vastly important to a number of people. The bands should use this opportunity to realize or reflect on that.

How would you encourage others to get involved?

I think there are a lot of people out there who are in a position to help make changes and don't realize it. A band like ours, for example, or any on the tour, for that matter, may not be packing in arenas or selling platinum records, but we've all got a voice and an audience, which is really all you need. Bottom line: People should take advantage of what they do well to help not only themselves, but those in need of help. [LS]

A CHAT WITH DAVE PETERS:

Why did you decide to participate in this year's Take Action Tour?





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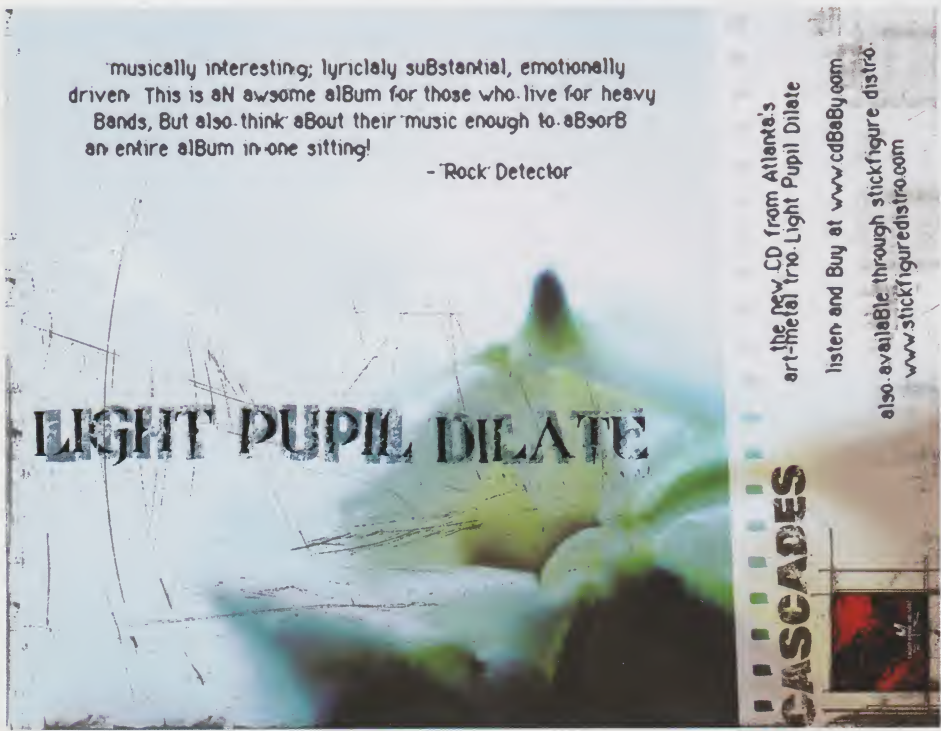
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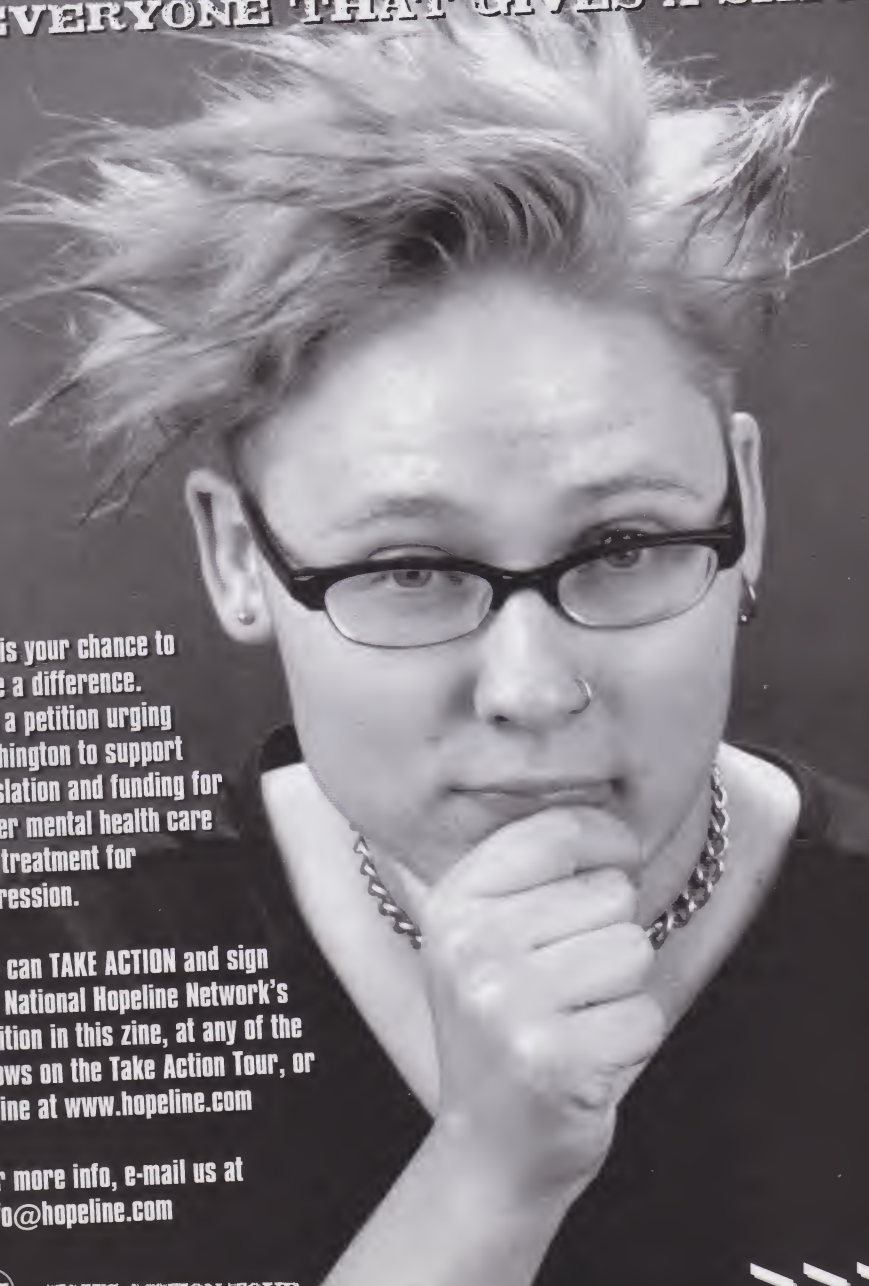
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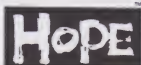
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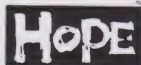
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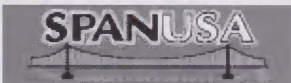
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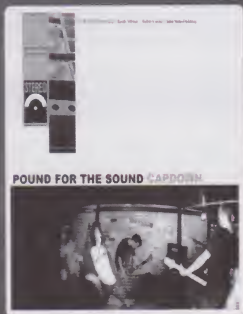


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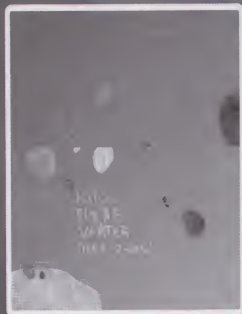
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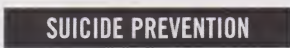
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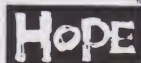
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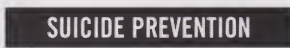
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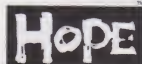
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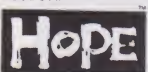
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Suicide Prevention Action Network

National
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784.2433

201 North 23rd Street, Suite 100
Purcellville, VA 20132
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Date _____

Dear US Senator _____

PRINT NAME

ADDRESS

CITY

STATE

ZIP (THESE 4 DIGITS ARE IMPORTANT!) ↑

SIGNATURE

SUICIDE PREVENTION

As a **current** voter, please

1. Direct resources to implement a National Suicide Prevention Strategy *and*
2. Provide accessible and affordable mental health services.

Thank you.

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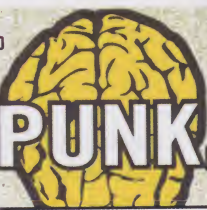
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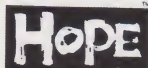


the prize fight
 words don't mean anything

FOR AGE 18 AND OLDER: Please sign all four sections (do not cut apart) and return to:
National Hopeline Network, 201 North 23rd Street, Suite 100, Purcellville, VA 20132
For more information, call 1.800.442.HOPE (442-4673), Opt. #3

18↑

National
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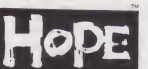
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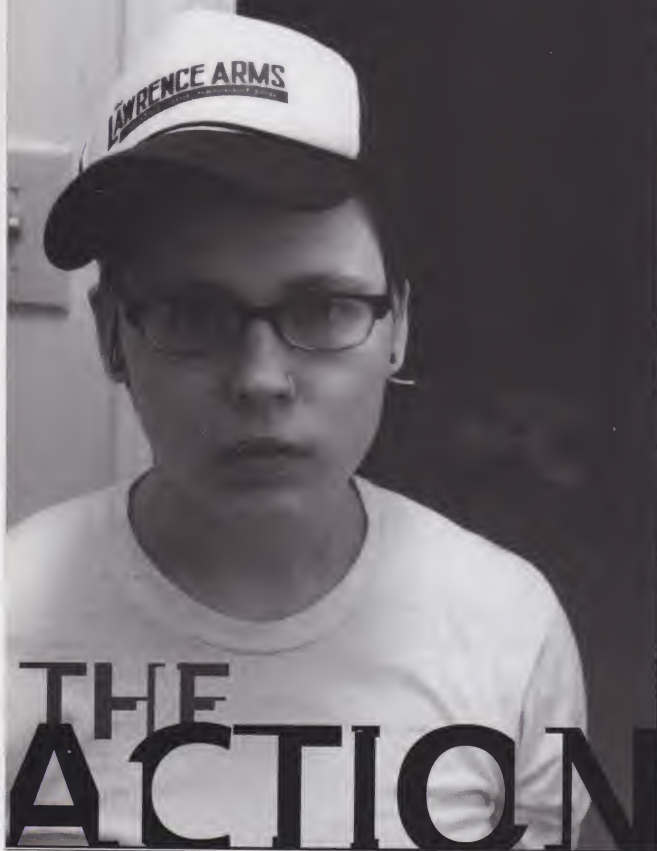
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THE ACTION

BEHIND TAKE ACTION

A chat with **ARIELLE BIELAK**, Manager, GLBT Outreach Project, Kristin Brooks Hope Center, National Hopeline Network 1-800-SUICIDE (784-2433).

What exactly is the purpose of the Hopeline?

If any given individual is suffering from depression or thoughts of suicide, they may ask themselves, "Whom do I call if I need help, am in crisis or know someone else who is?" "Where I can reach another human being who cares and can help me work through a difficult time, right away?" The

National Hopeline Network links together all the crisis centers across the country that provide that service—under one toll-free, 24-hour, easy-to-remember number. In hopes to reduce the instances of attempted and completed suicides in this country, the Hopeline aspires to become as common a number as 911 or 411.

Why is a tour like Take Action important?

In high school, I don't remember there being a whole lot of options available for all the challenges facing my peers and me. A lot of people turn to music for answers and relief. There are a lot of people who come out to the shows who are looking for answers as well. A show on the Take Action Tour really illustrates that there are more options out there, and everyone present—including the bands and crisis-center representatives—encourages the fans to explore those options. You won't find any other tour out there that is as concerned with the well being of the people attending the concert.

Once the tour is over, what kind of effect does Take Action have on the Hopeline?

There's never a dull moment, that's for sure! Take Action has been a perfect way to gather signatures for a petition urging the government to push legislation for better mental-health care. We take a good deal of time sort through those petitions and delivering them to Capitol Hill. [To sign a petition, see page 48 of this program.]

What's the best way kids can get involved?

If you're interested in volunteering with a crisis center, you can visit www.hopeline.com, where there is a searchable database of your local centers. There are lots of other ways to get involved, like volunteering at shows or putting on your own benefit concerts. You can always come talk to me at one of the shows, or email info@hopeline.com with your suggestions and questions. The biggest way to take action is to become more involved with your own friends and families. Don't forget how important it is to take care of yourself and one another. [LS]

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Peace / Take Action Vol. 2
Enhanced Double CD with
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Action V

A portion of the proceeds earned by the artists and Sub City Records from the Take Action tour and the sale of the tour CD compilation will be donated to the NATIONAL HOPELINE NETWORK 1-800-SUICIDE (784-2433)

"By subsidizing non-profit organizations while spreading social awareness, Sub City aims to have an impact beyond music."

Sub City has donated over \$200,000 to non-profit organizations via 22 releases, the annual Take Action tour and other donations. For more details about Sub City releases, the charities we support and how you can get involved, visit www.SubCity.net



JUST THE FACTS:

WARNING AND WAYS YOU CAN

SIGNS HELP

THERE IS NO TYPICAL SUICIDE VICTIM

It happens to young and old, rich and poor. Fortunately, there are some common warning signs that, when acted upon, can save lives:

A PERSON MIGHT BE SUICIDAL IF HE OR SHE:

- > Talks about committing suicide.
- > Has trouble eating or sleeping.
- > Experiences drastic changes in behavior.
- > Withdraws from friends and/or social activities.
- > Loses interest in hobbies, work, school, etc.
- > Prepares for death by making out a will and final arrangements.
- > Gives away prized possessions.
- > Has attempted suicide before.
- > Takes unnecessary risks.
- > Has had recent severe losses.
- > Is preoccupied with death and dying.
- > Loses interest in his or her personal appearance.
- > Increases his or her use of alcohol or drugs.

SYMPTOMS OF DEPRESSION

- ✗ Persistent sad, anxious, or "empty" mood.
- ✗ Feelings of hopelessness, pessimism.
- ✗ Feelings of guilt, worthlessness, helplessness.
- ✗ Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex.
- ✗ Decreased energy, fatigue, being "slowed down."
- ✗ Difficulty concentrating, remembering, making decisions.
- ✗ Insomnia, early-morning awakening or oversleeping.
- ✗ Appetite and/or weight loss or overeating and weight gain.
- ✗ Thoughts of death or suicide; suicide attempts.
- ✗ Restlessness, irritability.
- ✗ Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

HOW TO HELP SOMEONE WHO IS THREATENING SUICIDE:

Be direct. Talk openly and matter-of-factly about suicide. • Be willing to listen. Allow expressions of feelings. Accept the feelings. • Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life. • Get involved. Become available. Show interest and support. • Don't dare him or her to do it. • Don't act shocked. This will put distance between you. • Don't be sworn to secrecy. Seek support. • Offer hope that alternatives are available but do not offer glib reassurance. • Take action. Remove means, such as guns or stockpiled pills. • Get help from persons or agencies specializing in crisis intervention and suicide prevention.

You can also call
1-800-SUICIDE (784-2433)
with any questions or concerns you have about suicide, anytime, day or night. All calls are answered by the trained staff and volunteers at over 100 crisis centers throughout the country. Hope begins when you learn how to prevent suicide!

For volunteer opportunities
or to make donations, contact:

KRISTIN BROOKS HOPE CENTER 1-800-442-HOPE (4673), option #3
609-CC East Main St. #112 Purcellville, VA 20132
www.hopeline.com • info@hopeline.com

WHEN POLLED,
87% OF AP READERS
 SAY THEY HAVE CONTEMPLATED SUICIDE.*

*Question Of The Month Poll, AP #175

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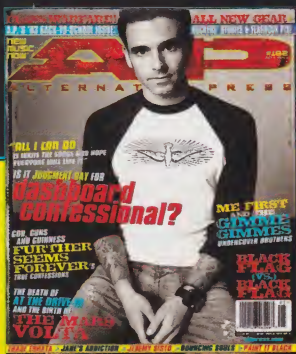
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TESTIMONIALS

Real comments from real people just like you, on the very real problems Take Action and its partners are working to solve.

(Names have been withheld.)

WHY 1-800-SUICIDE (784-2433) EXISTS:

"I believe that I am currently suffering from this disease [depression]. I don't know why, but I am always so sad or upset. I am constantly thinking, 'What if I died? Would anyone care?' I don't feel like myself. I just wish I could get help, but my parents would think I was crazy. I don't know what to do."

"I have been thinking of suicide for almost a year, and I'm only 12 years old. I go to a decent small school, and I have a pretty normal life. All of a sudden, thoughts have been popping in my head about suicide, and I don't know why. Whoever is supposed to have created us is evil for having people like me suffer. It is hard to put in words or to understand. I need help. Why in the hell am I here?"

"www.livewithdepression.org is a great site. I am 13 years old and need help. I have seriously sat down with my mother, but she won't take me seriously. This was a last and desperate attempt to help myself. You have given me hope, but I don't know if that will last forever. Please send me some info on how I can help myself soon. This is my last hope..."

EXAMPLES OF HOW HOPELINE HAS HELPED:

"I just wanted to drop you a quick line thanking you for all the charity work you do. I work at a non-profit humane society and know what it takes to keep an organization up and running. For the most part, though, I want to thank you for the work you do for the National Hopeline Network. I have lost two of my best friends to suicide and pray no one else has to deal with that pain. Thanks again for all your hard work."

"Thank you for trying to help me on 1-800-SUICIDE. I've been in and out of counseling since 1997, and all they can tell me is the stuff I already know. I've been to four different counselors, and none of them seemed to help. Money is also tight for me, and I don't know how I could go to one of the better counselors without the money, you know? Thank you very much for also writing me, though, and I will keep all that you said in mind. Hope to hear from you again."

"About a year or so ago, I called 1-800-SUICIDE, and a wonderful lady talked to me while informing my parents of my relapse, and I received the medical treatment I needed, and I—as well as my family—am very grateful for your hard work and selfless contribution to my life. Thank you. I'm trying to type this e-mail quickly because it makes me emotional to think back to that time. I want you to know that you've saved this little girl from herself and her illness."



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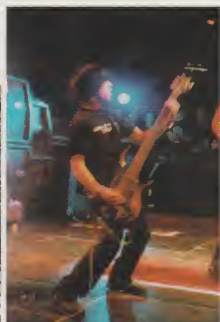
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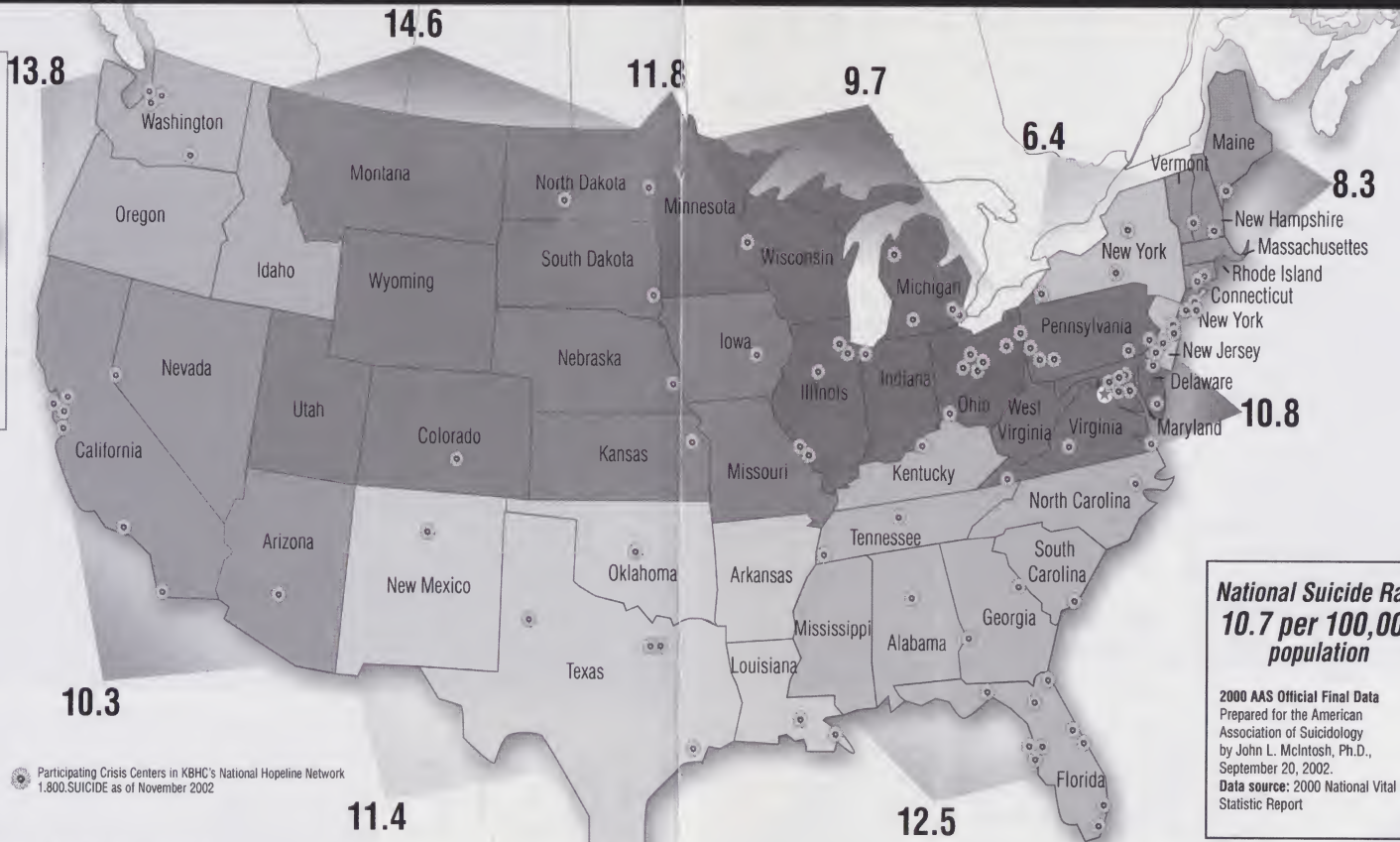
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USA Suicide Rates and the National Hopeline Network



National Suicide Rate
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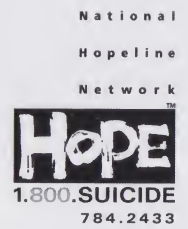
2000 AAS Official Final Data
 Prepared for the American
 Association of Suicidology
 by John L. McIntosh, Ph.D.,
 September 20, 2002.
 Data source: 2000 National Vital
 Statistic Report

Crisis line services networked through 1.800.SUICIDE (784-2433) are made more accessible to the hundreds of thousands of Americans who contemplate or attempt suicide each year.

The National Hopeline Network 1.800.SUICIDE (784-2433) is the nation's only suicide prevention crisis hotline network, linking certified crisis centers together under one easy-to-remember, toll-free access number.

People in crisis who call 1.800.SUICIDE usually reach a trained crisis line worker within two to three rings, or about 20 to 30 seconds from the moment they dial the number. Calls are connected to a certified crisis center nearest the caller's location. In the event that the crisis center is busy, the call is automatically and seamlessly routed to the next nearest crisis center to the caller's location. Callers will not receive a busy signal or voicemail. Trained crisis line workers answer calls 24 hours a day, seven days a week.

Through a three-year SAMHSA grant, the Kristin Brooks Hope Center and the American Association of Suicidology (AAS) are partnering to expand the National Hopeline Network to over 350 AAS and CONTACT USA certified crisis centers by fall of 2004.



Participating Crisis Centers in KBHC's National Hopeline Network 1.800.SUICIDE as of November 2002

National Hopeline Network 1.800.SUICIDE Networked Centers

Crisis Center, Inc.	Birmingham AL	CONTACT Helpline Chattanooga Valley, Inc.	Columbus GA	REAL Crisis Intervention, Inc.	Greenville NC	Oklahoma City OK
EMPACT - Suicide Prevention Center	Tempe AZ	Foundation 2 Crisis Center	Cedar Rapids IA	Helpline, C/O Mental Health Association	Bismarck ND	Bala Cynwyd PA
Crisis Support Services of Alameda County	Berkeley CA	Suicide Prevention Services, Inc.	Batavia IL	FirstLink Hotline	Fargo ND	Beaver PA
Crisis Intervention & Suicide Prevention Center	Burlingame CA	Call for Help, Suicide and Crisis Department	Edgmont IL	Girls and Boys Town National Hotline	Boys Town NE	CONTACT Beaver Valley PA
Didi Hirsch Community Mental Health Center	Culver City CA	Crisis Line of Will County	Joliet IL	Riverbend Community MH, Inc.	Concord NH	The Open Door PA
United Behavioral Health-Access & Crisis Line	San Diego CA	Mental Health Association of Illinois Valley, Inc.	Peoria IL	Headrest Inc.	Lebanon NH	Contact Lancaster Helpline PA
San Francisco Suicide Prevention	San Francisco CA	Contact Cares, Inc. of NW Indiana	Merrillville IN	Contact of Mercer Co.	Ewing NJ	CONTACT Pittsburgh, Inc. PA
Santa Clara Co. Suicide & Crisis Counseling Svcs.	San Jose CA	Headquarters Counseling Center	Lawrence KS	CONTACT Hotline	Pequanook NJ	Richboro PA
Contra Costa Crisis Center	Walnut Creek CA	Seven Counties Services' Crisis & Information Center	Louisville KY	CONTACT We Care, Inc.	Scotch Plains NJ	N. Charleston SC
Pueblo Suicide Prevention Center, Inc.	Pueblo CO	The Baton Rouge Crisis Intervention Center, Inc.	Baton Rouge LA	Crisis Response of Santa Fe	Santa Fe NM	Sioux Falls SD
Wheeler Clinic, Inc. Emergency Service	Plainville CT	VIA LINK	New Orleans LA	Crisis Call Center	Reno NV	Memphis TN
Infoline - United Way of Connecticut	Rocky Hill CT	Grassroots Crisis Intervention Center, Inc.	Columbia MD	Long Island Crisis Center	Baltimore NY	Nashville TN
CONTACT Delaware, Inc.	Wilmington DE	Frederick County Hotline	Frederick MD	Crisis Services, Inc.	Buffalo NY	Dallas TX
Crisis Services of Brevard, Inc.	Cocoa FL	Community Crisis Services, Inc.	Hyattsville MD	Suicide Prevention & Crisis Services of Tompkins County	Ithaca NY	Dallas TX
Alachua County Crisis Center	Gainesville FL	Mental Health Association	Rockville MD	Help Line Telephone Services, Inc.	New York NY	Houston TX
First Call for Help/United Way	Jacksonville FL	Life Crisis Center	Salisbury MD	Covenant House Ninline	New York NY	Lubbock TX
The Center for Information and Crisis Services	Lantana FL	Ingraham	Portland ME	LIFE LINE/Health Association of Rochester	Rochester NY	Arlington VA
Pinellas Cares, Inc.	Largo FL	Common Ground Sanctuary - Crisis Telephone Line	Bloomfield Hills MI	CONTACT Crawford Co.	Bucyrus OH	Bristol VA
Switchboard of Miami, Inc.	Miami FL	Neighborhood Service Org. - Emergency Telephone Service/Suicide Prevention Center	Detroit MI	Crisis Intervention Center of Stark County, Inc.	Canton OH	Lynchburg VA
LifeLine of Central Florida	Orlando FL	Gryphon Place	Kalamazoo MI	Suicide Prevention Services	Columbus OH	Norfolk VA
Personal Enrichment through MHS, Inc. (PEMHS)	Pinellas Park FL	Third Level Crisis Center	Traverse City MI	HelpLine of Delaware & Morrow Counties, Inc.	Delaware OH	Bremerton WA
Telephone Counseling & Referral Service, Inc.	Tallahassee FL	Crisis Connection	Minneapolis MN	HelpLine of Morrow County, Inc.	Mt. Gilead OH	Everett WA
Crisis Center of Tampa Bay, Inc.	Tampa FL	Life Crisis Services, Inc.	St. Louis MO	Community Counseling & Crisis Center	Oxford OH	Richland WA
Integrated Health resources	Augusta GA	Behavioral Health Response	St. Louis MO	Help Hotline Crisis Center, Inc.	Youngstown OH	Seattle WA